

# A recurring problem

By Sierra Durand

According to the Insurance Institute for Highway Safety, eleven teenagers die from texting and driving every day. This is a problem because it causes a lot of people's deaths.

Some people think they can handle texting while driving, but they never really know what is going to happen on the road. "It's easy; you just have to be smart with it," say some people. But if a driver is going 55 miles per hour and they look at their phone for five seconds they can cross a whole football field. Drivers can hurt themselves and others, so please put down the phone and hold the steering wheel when you are driving. People are not trying hard enough to stop this, but it should be stopped because 80 percent of car crashes involve distractions like looking at your phone. We can use billboards and signs on roads to remind people to get off their phone too--anything to stop people from texting and driving.

Mostly teens text and drive, but it's also a problem for adults. Eighty-five percent of adults who text while driving say that it is a problem. Texting and driving is six times more likely to get drivers in a crash than drunk driving according to the National Highway Transportation Administration. Over 1,600 children are killed each year because of crashes involving distracted drivers, but 77 percent of young adult drivers are somewhat to very confident they can safely text while they drive. This will hurt so many people and it should be stopped.

This is a horrible thing that happens to so many people. This should be fixed with more reminders like on radio stations. For example, between songs every hour on the hour the station can remind people to not text and drive. Drivers can even get notifications on their phone when they're in their car to make sure they are not texting and driving; apps like Waze can remind people not to text and drive. Whenever I see one of my parents going on their phone to text someone I always take the phone and text for them because I want us to be safe. That is why Bluetooth and things like Siri exist. They are very important because then people

can do what they need to do hands free and keep their eyes on the road. No distraction equals no crash.

The next time you pick up your phone in the car, think of the thousands that died or were affected doing the same thing. Just because people trust themselves doesn't mean they won't crash. Stop and think, and please don't text and drive.